



# Find a helping hand with Anthem

24/7 drug and alcohol support

If you or someone in your family is struggling with drug or alcohol use, we can help. Anthem has top-level resources and caring support available to you.

## Call our helpline

When you call **800-865-1044**, you can speak to a knowledgeable, compassionate representative who will schedule an evaluation — pinpointing the best care options close to home — for you or your family member<sup>1</sup> within just 24 to 48 hours. Anthem helps you with the arrangements and details, so you can focus on your health.

For quick access to additional behavioral health resources, visit [anthemknowledge.com](https://www.anthemknowledge.com).

▶ **We're here to help. Call 800-865-1044 — 24 hours a day, 7 days a week, 365 days a year — to take the first step toward recovery.**

Let us know you want to speak with the substance use navigation team to talk about your situation, learn about care options, and, if you're ready, schedule an appointment. All calls are confidential.

<sup>1</sup> Members receiving treatment must be 18 or older.

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